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Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 330lbs/150kg, it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

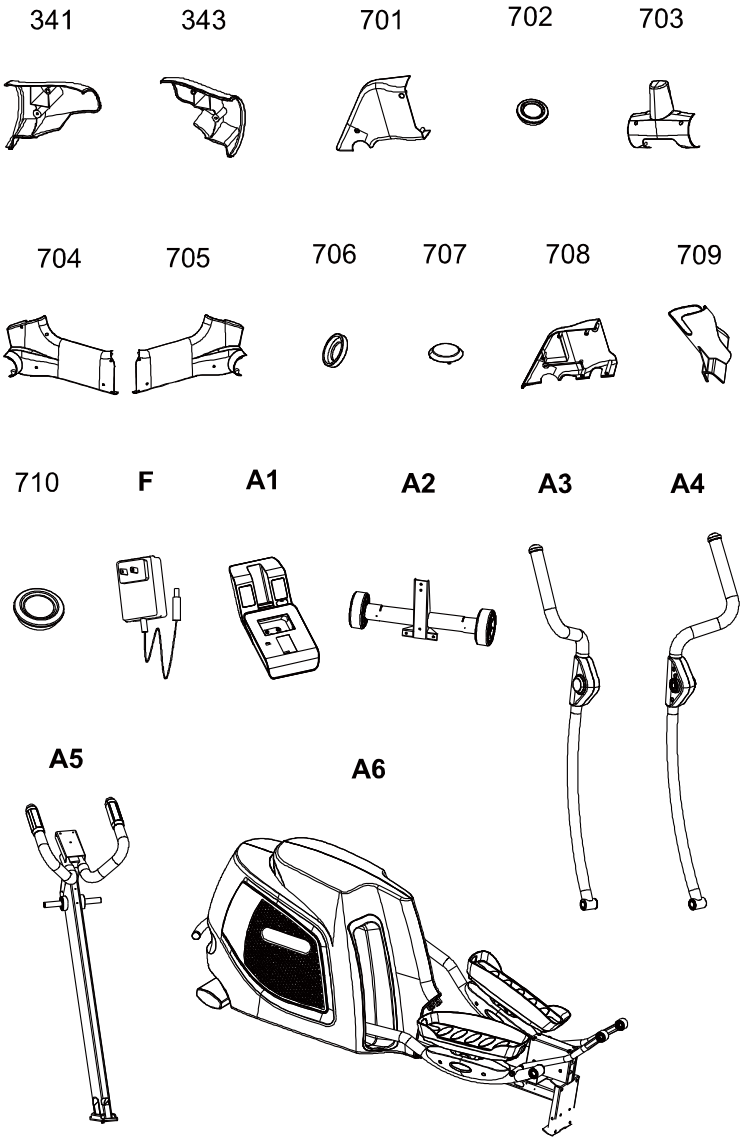
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 330lbs/150 kg.
.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 330lbs/150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts..
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

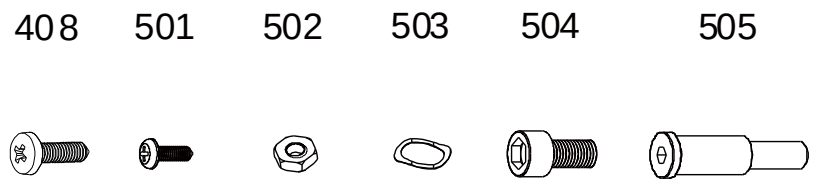
No.	Description	Qty.
341	Base Frame Cover #1	2
343	Base Frame Cover #2	2
701	Console Bottom Housing – Left	1
702	Pedal Arm Front Pivot Cover 38mm	2
703	Base Frame Front Cover	1
704	Undercarriage Cover – Left	1
705	Undercarriage Cover – Right	1
706	Nylon Bushing	2
707	Action Handlebar Cap	2
708	Console Bottom Housing – Right	1
709	Water Bottle Holder	1
710	Pedal Arm Front Pivot Cover 42mm	2
F	Adaptor	1
A1	Console Assembly	1
A2	Base Frame Assembly	1
A3	Action Handlebar Assembly – Left	1
A4	Action Handlebar Assembly – Right	1
A5	Console Support Tube Assembly	1
A6	Main Frame Assembly	1

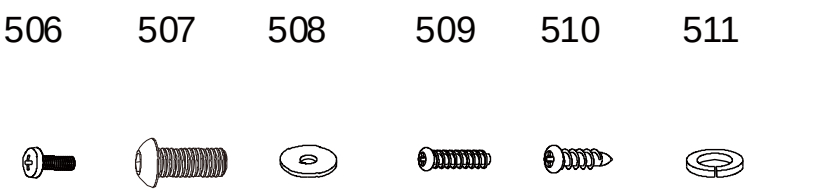


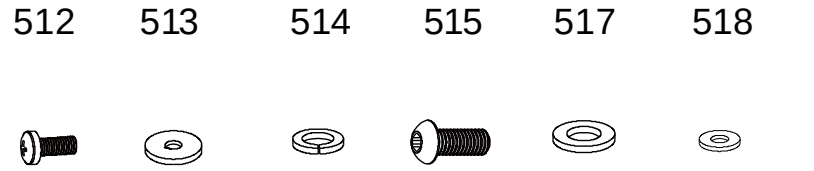
SUPPLIED HARDWARE

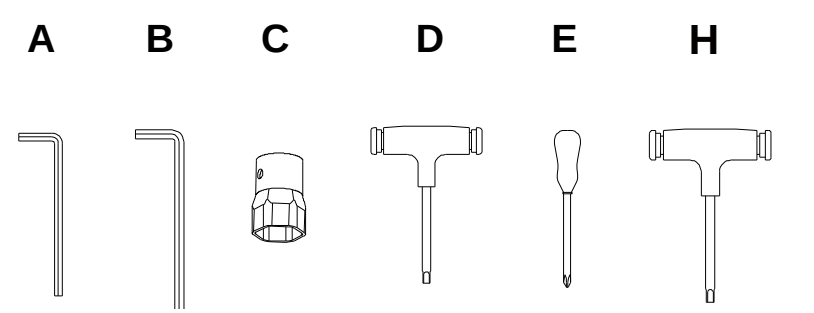
This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

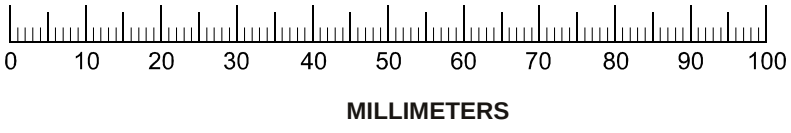
No.	Description	Qty.
408	4x15mm Screw – Cone Point	4
501	4x12mm Screw – Cone Point	5
502	M14 Nut	2
503	20.7x29.1x0.3mm Wave Washer	2
504	M8x16mm Allen Head CAP Bolt	4
505	20X91-M14X25mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x20mm Allen Head Bolt	4
508	8x27x1mm Plastic Washer	2
509	4x19mm Screw	3
510	4.5x15mm Screw	6
511	10x16x2mm Spring Washer	4
512	M5x12mm Screw	3
513	8x27xT2.0mm Washer	2
514	8x14x2mm Spring Washer	2
515	M8x20mm Allen Head Bolt	2
517	10x18xT2.0mm Washer	4
518	4x13x1mm Washer	1
A	6mm Allen Key – L	1
B	8mm Allen Key	1
C	Spanner	1
D	5mm T-Type Allen Key	1
E	Screwdriver	1
H	6mm T-Type Allen Key	1











PART LIST

Item No.	Description	Qty.	Part No.
NAVARRE-100			
101	Console Support Tube	1	NAVARRE-101
106	Pedal Arm – Left	1	NAVARRE-106
107	Pedal Arm – Right	1	NAVARRE-107
109	Base Frame	1	NAVARRE-109
112	Main Frame	1	NAVARRE-112
115	Tension Wheel Bracket	1	NAVARRE-115
116	Pedal Support Base	2	NAVARRE-116
117	Pedal Buffer Set	2	NAVARRE-117
118	Action Arm – Left	1	NAVARRE-118
119	Action Arm – Right	1	NAVARRE-119
120	Cover Support Tube	1	NAVARRE-120
121	Magnet Bracket	1	NAVARRE-121
NAVARRE-200			
210	Bearing 6004	4	NAVARRE-210
212	Bearing 608zz	8	NAVARRE-212
214	Bearing 6804	4	NAVARRE-214
215	Bearing 2203	2	NAVARRE-215
216	Pedal Fixing Base	2	NAVARRE-216
219	Bushing 16x22.2x10.7mm	4	NAVARRE-219
221	Flywheel Pivot	1	NAVARRE-221
222	Bearing 6003	2	NAVARRE-222
223	Aluminum Disk	1	NAVARRE-223
224	Flywheel	1	NAVARRE-224
225	Bearing 6300	2	NAVARRE-225
226	Crank	2	NAVARRE-226
227	Crank Disk	1	NAVARRE-227
228	Crank Disk Oval Cap	1	NAVARRE-228
229	Crank Pivot Bushing	2	NAVARRE-229
230	Bearing 6005	2	NAVARRE-230
231	Crank Disk Pivot	1	NAVARRE-231
232	Bearing Holder	1	NAVARRE-232
233	Belt	1	NAVARRE-233
234	Level Adjuster	2	NAVARRE-234
235	Magnet	2	NAVARRE-235
236	Speed Sensor Base	1	NAVARRE-236
237	Compression Spring	1	NAVARRE-237
238	10x94 – M12x22mm Bolt	1	NAVARRE-238
239	Overlay	1	NAVARRE-239
244	Pedal Buffer Fixed Plate	2	NAVARRE-244
NAVARRE-300			
301	Fixed Handlebar End Cap	2	NAVARRE-301
302	Hand Pulse Sensor Cover – Bottom	2	NAVARRE-302
303	Hand Pulse Sensor Cover –Top	2	NAVARRE-303
306	Action Handlebar End Cap	2	NAVARRE-306

PART LIST

Item No.	Description	Qty.	Part No.
307	Console Housing – Lower	1	NAVARRE-307
309	Computer Button Plate	1	NAVARRE-309
310	Console Bottom Housing Cap	1	NAVARRE-310
311	Speaker Housing – Upper	1	NAVARRE-311
312	Speaker Housing – Lower	1	NAVARRE-312
313	Fixed Handlebar Foam Grip	2	NAVARRE-313
314	Action Handlebar Foam Grip	2	NAVARRE-314
315	Action Handlebar Cover – LL	1	NAVARRE-315
316	Action Handlebar Cover – LR	1	NAVARRE-316
317	Action Handlebar Cover – RL	1	NAVARRE-317
318	Action Handlebar Cover – RR	1	NAVARRE-318
319	Power Bracker Cover	1	NAVARRE-319
320	Pedal Soft Cushion	2	NAVARRE-322
321	Left Pedal	1	NAVARRE-323
324	Pedal Buffer Cover	4	NAVARRE-324
325	Vent Cover – Rear	1	NAVARRE-325
326	Rear Shroud Inlet – Left	1	NAVARRE-326
327	Rear Shroud Inlet – Right	1	NAVARRE-327
328	Lift Handlebar End Cap	2	NAVARRE-328
331	Wheel Cap 112x41.5mm	2	NAVARRE-331
332	Wheel Cap 46x12mm	2	NAVARRE-332
333	Wheel 140x51.86mm	2	NAVARRE-333
334	Bearing Bracket	2	NAVARRE-334
336	Oval Tube Cap	2	NAVARRE-336
337	Vent Cover – Left	1	NAVARRE-337
338	Rear Shroud – Left	1	NAVARRE-338
339	Rear Shroud – Right	1	NAVARRE-339
340	Vent Cover –Right	1	NAVARRE-340
341	Base Frame Cover #1	2	NAVARRE-341
343	Base Frame Cover #2	2	NAVARRE-343
346	iPod Dock Bracket Cover – Top	1	NAVARRE-346
347	iPod Dock Bracket Cover – Bottom	1	NAVARRE-347
349	Right Pedal	1	NAVARRE-349
359	Pedal Rear Cushion	2	NAVARRE-359
360	End of Handlebar Grip Foam	2	NAVARRE-360
NAVARRE-400			
401	4x12mm Screw – Cone Point	4	NAVARRE-401
402	3x12mm Screw – Cone Point	4	NAVARRE-402
403	Taper Fixing Insert	34	NAVARRE-403
404	3x12mm Screw – Cone Point	2	NAVARRE-404
405	8x14xT2.0mm Spring Washer	6	NAVARRE-405
406	M12 Nylon Nut	1	NAVARRE-406
407	4x15mm Screw – Cone Point	4	NAVARRE-407
408	4x15mm Screw – Cone Point	4	NAVARRE-408
409	4x12mm Screw	4	NAVARRE-409
410	M8x20mm Screw	2	NAVARRE-410
411	4x12mm Screw – Cone Point	20	NAVARRE-411

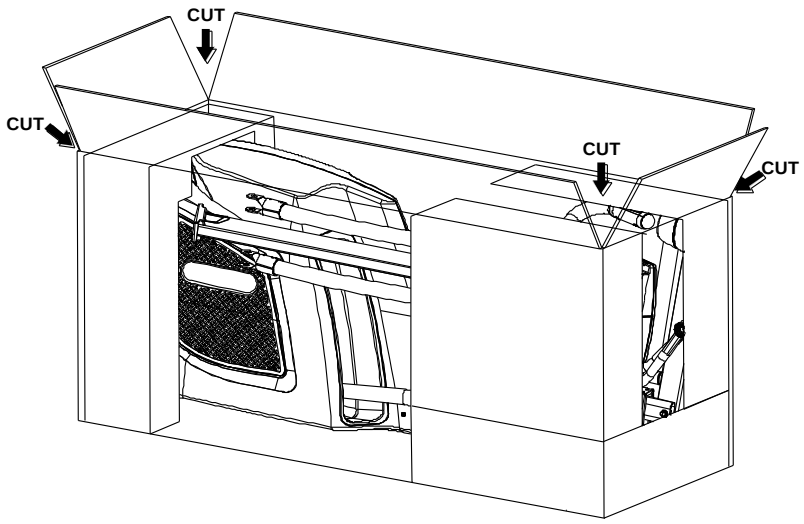
PART LIST

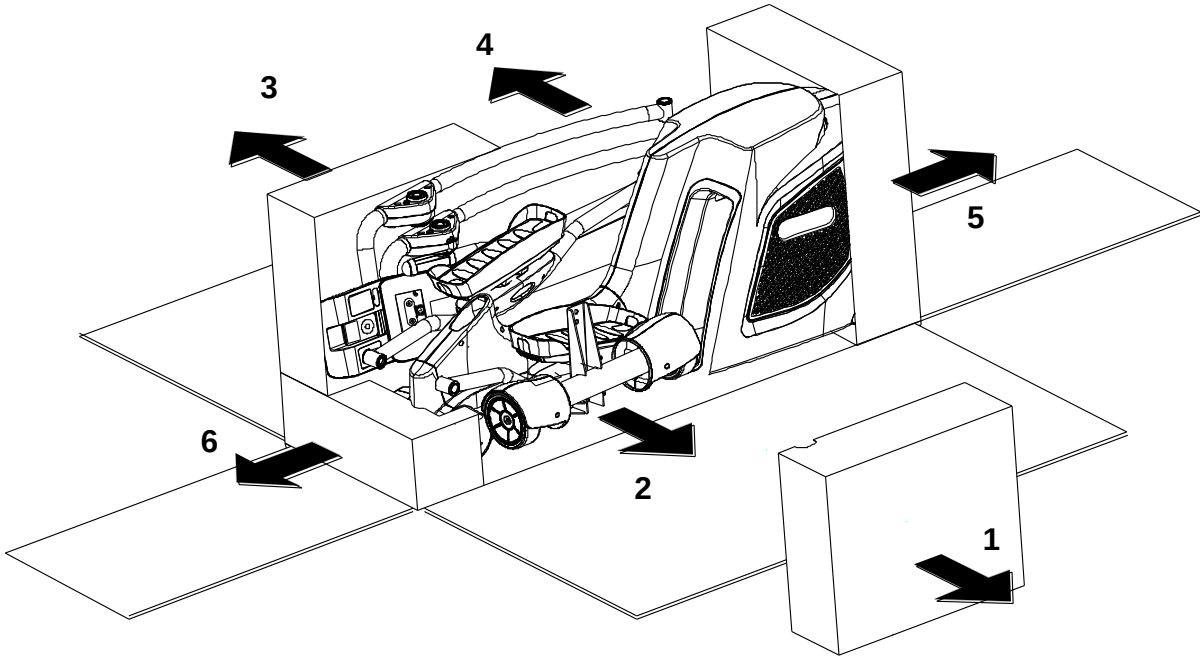
Item No.	Description	Qty.	Part No.
414	M6x12mm Allen Head Bolt	10	NAVARRE-414
415	M8x20mm Allen Head Bolt	1	NAVARRE-415
416	M8x15mm Allen Head Bolt	14	NAVARRE-416
417	M8 Nylon Nut	8	NAVARRE-417
418	M8x20mm Bolt	4	NAVARRE-418
419	Bushing 12x60mm	4	NAVARRE-419
420	M8x90mm Allen Head Bolt	4	NAVARRE-420
423	4.5x15mm Screw	6	NAVARRE-423
424	M6x12mm Allen Head CAP Bolt	3	NAVARRE-424
425	6x10x1mm Spring Washer	11	NAVARRE-425
426	20x6x1.5mm Washer	3	NAVARRE-426
427	M42 C Clip	2	NAVARRE-427
428	M8x16mm Bolt	8	NAVARRE-428
429	M10x20mm Bolt	2	NAVARRE-429
430	10x16x2mm Spring Washer	2	NAVARRE-430
432	M4 Nylon Nut	2	NAVARRE-432
433	M10 Nylon Nut	1	NAVARRE-433
435	16x25xT3.0 Washer	4	NAVARRE-435
437	M6x12mm Screw	6	NAVARRE-437
438	17x22xT1.5mm Plastic Washer	3	NAVARRE-438
440	32x6x2.0 Washer	1	NAVARRE-440
441	Bearing Bushing 10.2x16x8mm	2	NAVARRE-441
442	M10x45mm Bolt	1	NAVARRE-442
445	Pedal Arm Pivot	2	NAVARRE-445
446	3/4” Nut	2	NAVARRE-446
447	M8x30mm Allen Head CAP Bolt	2	NAVARRE-447
448	M4x15mm Screw	2	NAVARRE-448
449	4x25mm Screw	2	NAVARRE-449
451	M4x45mm Allen Head CAP Bolt	1	NAVARRE-451
452	M5x8mm Allen Head Bolt	2	NAVARRE-452
453	M6x40mm Bolt	1	NAVARRE-453
455	10x18x3mm Washer	1	NAVARRE-455
456	M3x8mm Screw	4	NAVARRE-456
457	Iron Plate Nut	12	NAVARRE-457
459	M8x45mm Bolt	3	NAVARRE-459
460	8x16xT1.0mm Washer	3	NAVARRE-460
461	M6 Nylon Nut	1	NAVARRE-461
465	6x14.5–M5x6.5mm Bolt	2	NAVARRE-465
466	4x10mm Screw – Cone Point	4	NAVARRE-466
470	6x8x8mm Rubber Washer	2	NAVARRE-470
471	M5x50mm Bolt	3	NAVARRE-471
472	4X15mm Screw	8	NAVARRE-472
474	4x12mm Screw – Flat Point	8	NAVARRE-474
481	17.2x22x1mm Washer	2	NAVARRE-481
482	M6x10mm Screw	2	NAVARRE-482
483	6x13x1.5mm Washer	8	NAVARRE-483
484	8x18x2mm Washer	2	NAVARRE-484
489	M8x16 mm Allen Head Bolt	4	NAVARRE-489
NAVARRE-500			

COMPUTER OPERATION

Item No.	Description	Qty.	Part No.
501	4x12mm Screw – Cone Point	5	NAVARRE-501
502	M14 Nut	2	NAVARRE-502
503	20.7x29.1x0.3mm Wave Washer	2	NAVARRE-503
504	M8x16mm Allen Head CAP Bolt	4	NAVARRE-504
505	20x78–M14x35mm Bolt	2	NAVARRE-505
506	4x12mm Screw – Flat Point	4	NAVARRE-506
507	M10x20mm Allen Head Bolt	4	NAVARRE-507
508	8x27x1mm Plastic Washer	2	NAVARRE-508
509	4x19mm Screw	3	NAVARRE-509
510	4.5x15mm Screw	6	NAVARRE-510
511	10x16x2mm Spring Washer	4	NAVARRE-511
512	M5x12mm Screw	3	NAVARRE-512
513	8x27xT2.0mm Washer	2	NAVARRE-513
514	8x14x2mm Spring Washer	2	NAVARRE-514
515	M8x20mm Allen Head Bolt	2	NAVARRE-515
517	10x18xT2.0mm Washer	4	NAVARRE-517
518	4x13x1mm Washer	1	NAVARRE-518
NAVARRE-600			
601	8Pin Power Wire – Upper	1	NAVARRE-601
602	8Pin Power Wire – Middle	1	NAVARRE-602
603	8Pin Power Wire – Lower	1	NAVARRE-603
607	Hand Pulse Sensor Wire – Upper	2	NAVARRE-607
609	Hand Pulse Sensor Wire – Lower	2	NAVARRE-609
610	PC Board	1	NAVARRE-610
612	Receiver Wire	1	NAVARRE-612
615	Receiver	1	NAVARRE-615
617	Speed Sensor	1	NAVARRE-617
618	Motor	1	NAVARRE-618
619	DC Power Wire	1	NAVARRE-619
620	Limit Position PC Board Wire	1	NAVARRE-620
624	Magnetic Sensor	1	NAVARRE-624
629	6Pin iPod dock Connection Wire	1	NAVARRE-629
632	iPod dock	1	NAVARRE-632
633	Speaker	2	NAVARRE-633
634	Amplifier PC Board	1	NAVARRE-634
NAVARRE-700			
701	Console Bottom Housing – Left	1	NAVARRE-701
702	Pedal Arm Front Pivot Cover – 38mm	2	NAVARRE-702
703	Base Frame Front Cover	1	NAVARRE-703
704	Undercarriage Cover – Left	1	NAVARRE-704
705	Undercarriage Cover – Right	1	NAVARRE-705
706	Nylon Bushing	2	NAVARRE-706
707	Action Handlebar Cap	2	NAVARRE-707
708	Console Bottom Housing – Right	1	NAVARRE-708
709	Water Bottle Holder	1	NAVARRE-709
710	Pedal Arm Front Pivot Cover – 42mm	2	NAVARRE-710

ASSEMBLY





(A) Remove your elliptical from the carton and place it on the floor in an open area.

(B) Remove the elliptical and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 4-5.

(D) **CAREFULLY separate by part number as many pieces are similar in size and shape. This is the most important step!**

(D) After verifying inventory, if there is any missing parts please contact Yowza fitness at 877-969-9240**.**

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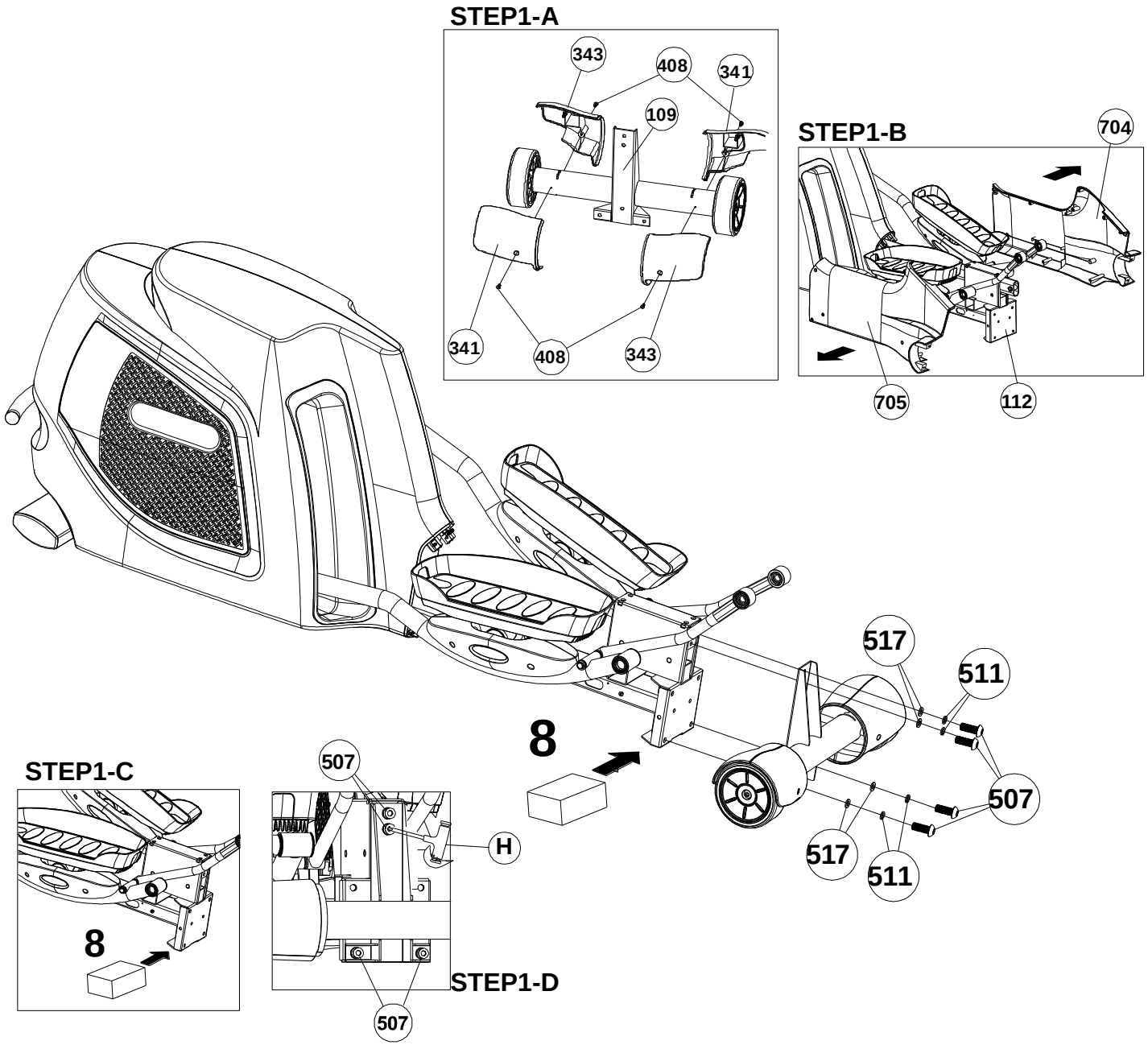
STEP1 ASSEMBLY

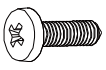
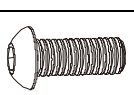


STEP1-A). Attach the Base Frame Lower Cover (341, 343) to the base frame, and secure using 4x15mm Screw – Cone Point (408).

STEP1-B). Remove the Undercarriage Cover (704, 705).

STEP1-C). Place Styrofoam block (8) under Main Frame to provide clearance to position Main Frame (112) for assembly.

STEP1-D). Attach Base Frame Set to the Main Frame, and attach M10x20mm Allen Head Bolt (507) with 10x16x2mm Spring Washer (511) 10x18xT2.0mm Washer (517), then fully tighten the bolt by 6mm T-Type Allen Key (H).

408	X4	
507	X4	
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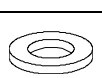
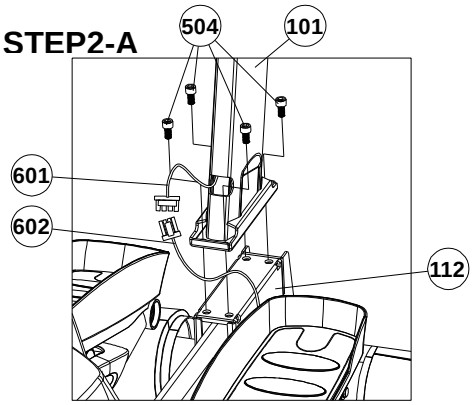
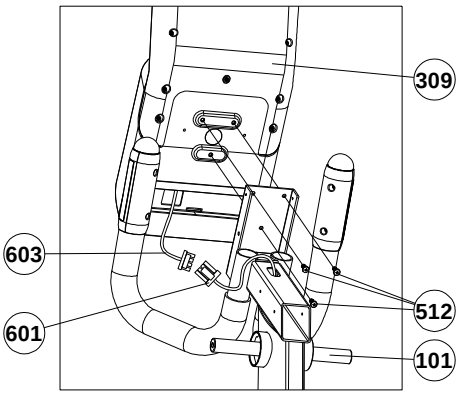
517	X4	

STEP2 ASSEMBLY

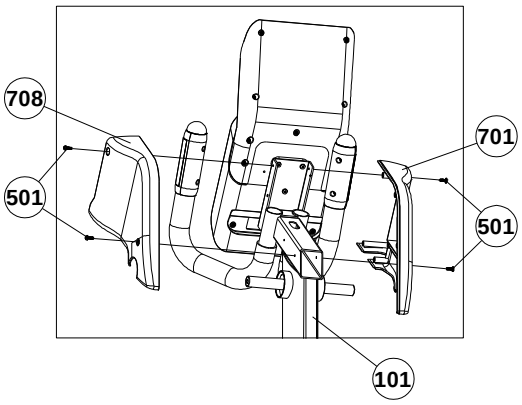
STEP2-A

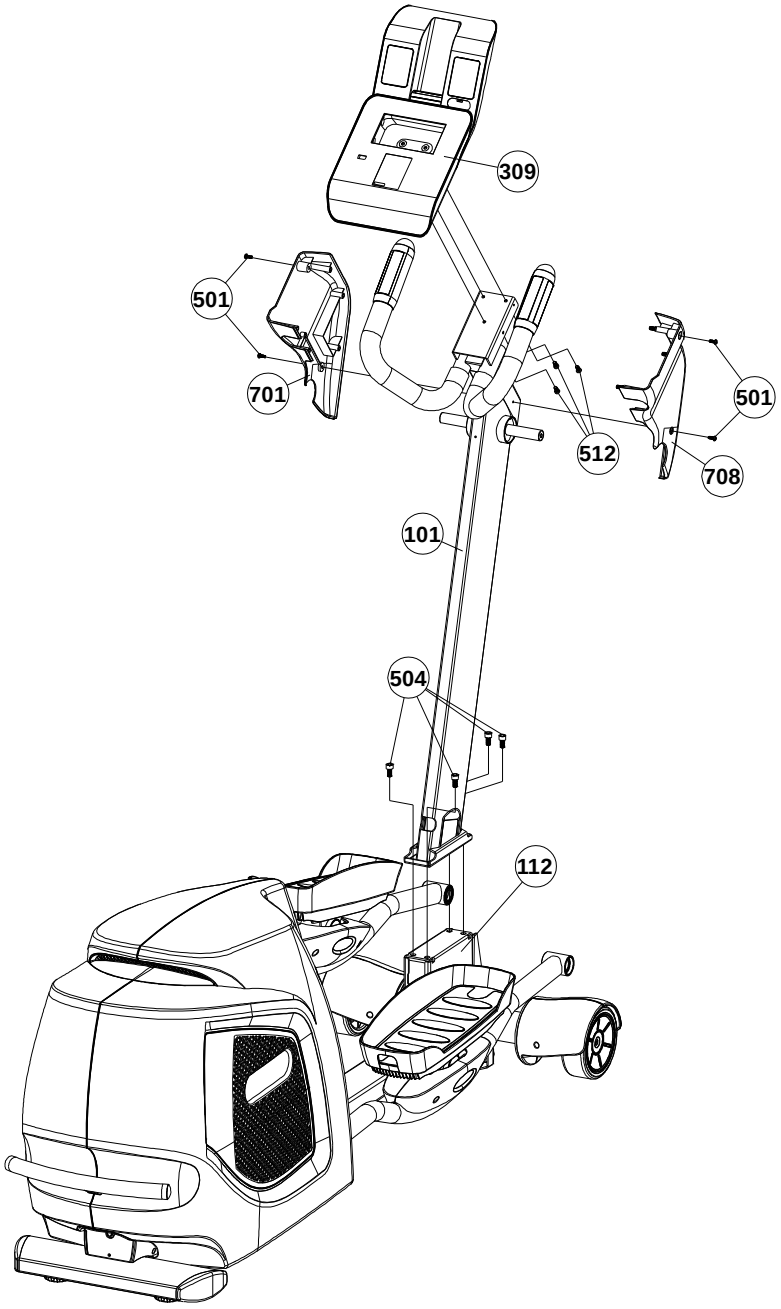


STEP2-B



STEP2-C

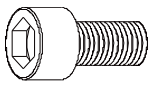




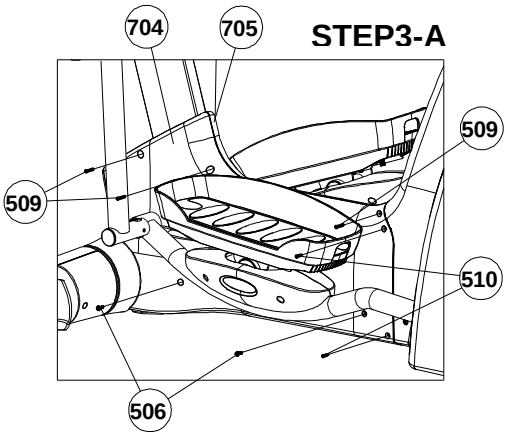
STEP2-A). Assemble the Console Support Tube (101) to the Main Frame and secure using four M8x16mm Allen Head CAP Bolts (504).
Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Middle (602).

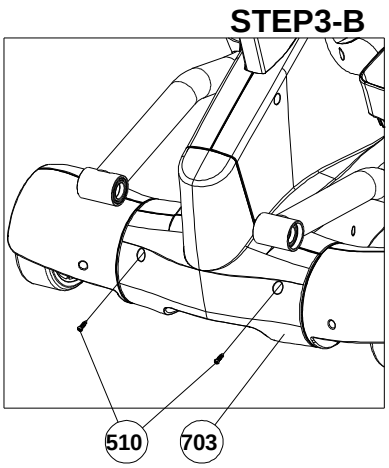
STEP2-B). Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Lower (603).
Attach the Console to the Console Support Tube, and secure using M5x12mm Screw(512)

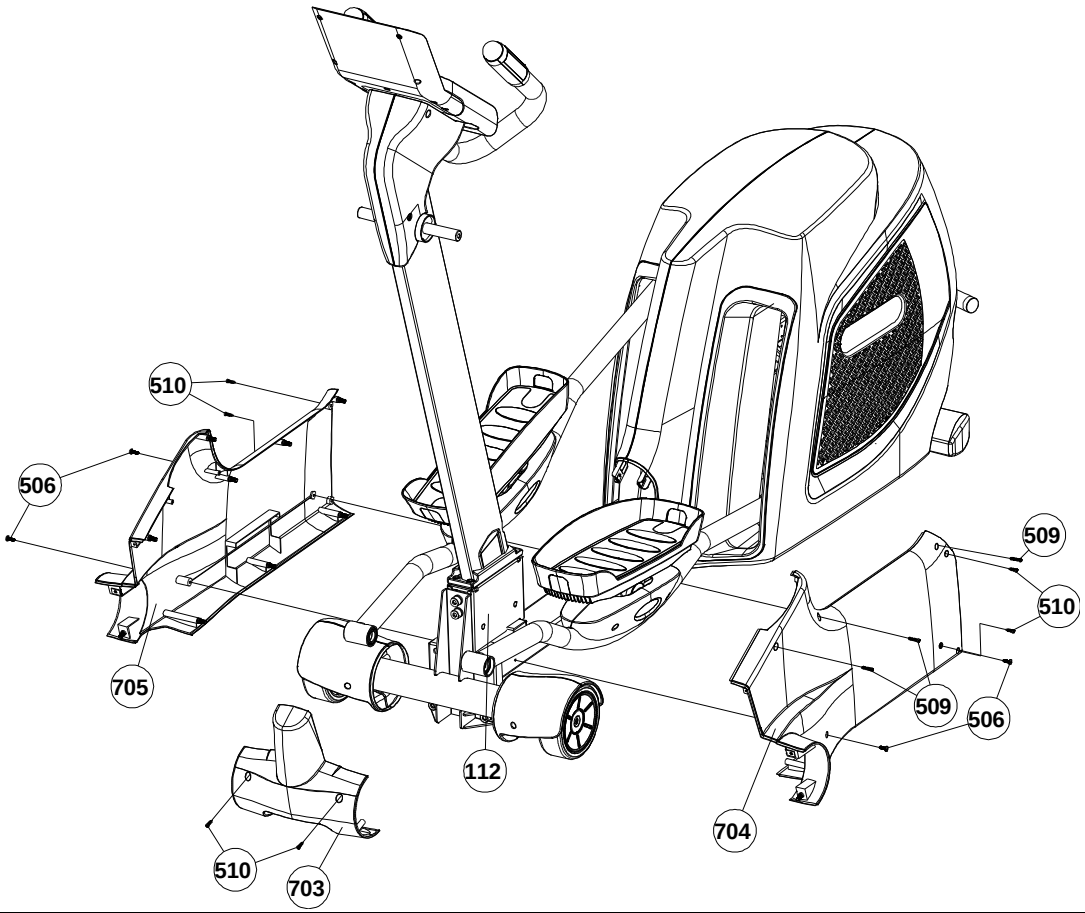
STEP2-C). Attach the Console Bottom Housing (701, 708), and secure using 4x12mm Screw – Cone Point (501)

504	**X4**	
512	**X3**	
501	**X4**	

STEP3 ASSEMBLY

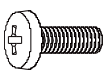
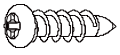




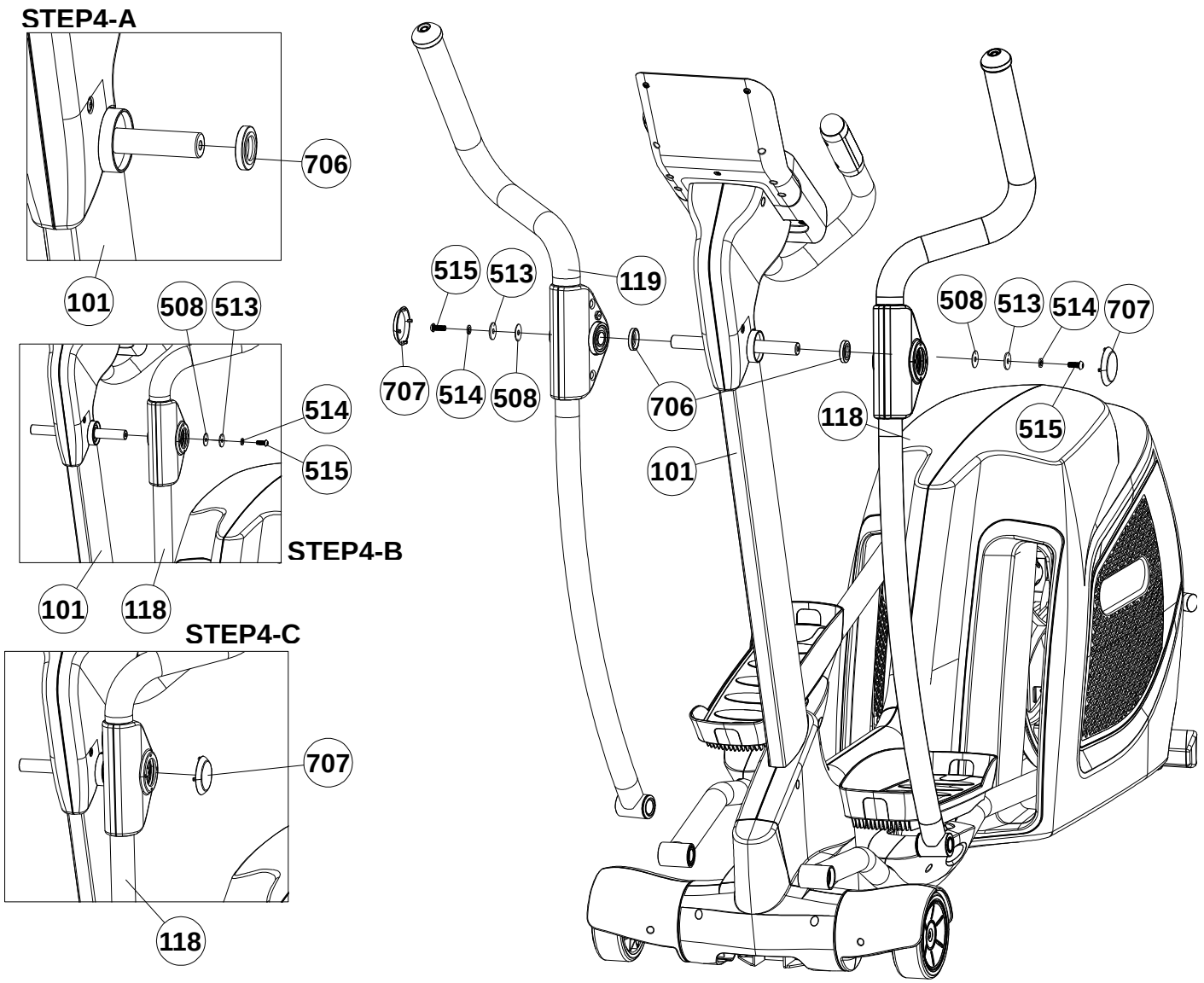


STEP3-A). Lift the Pedal Arm and attach the Undercarriage Cover (704, 705) to the Main Frame, and secure using 4x12mm Screw – Flat Point (506), 4x19mm Screw (509), 4.5x15mm Screw (510).

STEP3-B). Attach the Incline Frame Front Cover (703) to the Incline Frame and secure using two 4.5 x 15mm Screws (510).

506	**X4**	
509	**X3**	
510	**X6**	

STEP4 ASSEMBLY

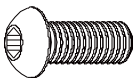
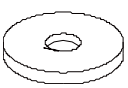
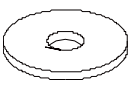


STEP4-A). Place the Nylon Bushing (706) into the Console Support Tube (101).
NOTE: THE EMBOSS SHAPE OF NYLON BUSHING MUST FACE OUTWARD TO HANDLEBAR.

SETP4-B). Assemble the Action Handlebar – Right (118) to the Console Support Tube (101) by M8x20mm Allen Head Bolt (515) with 8x14x2mm Spring Washer (514), 8x27XT2.0mm Washer (513), 8x27x1mm Plastic Washer (508).

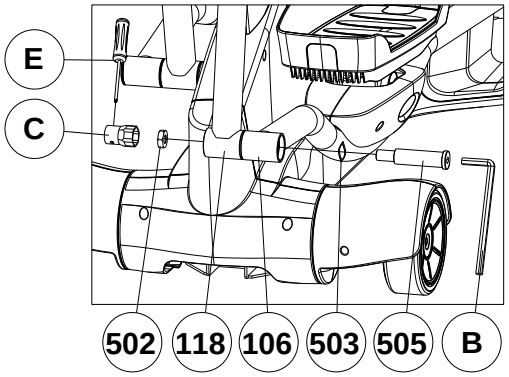
STEP4-C). Attach the Action Handlebar Cap into the Handlebar.

Repeat the above procedure to assemble the Right side.

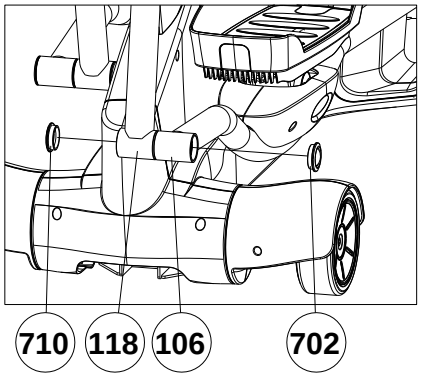
515	**X2**	
514	**X2**	
513	**X2**	
508	**X2**	

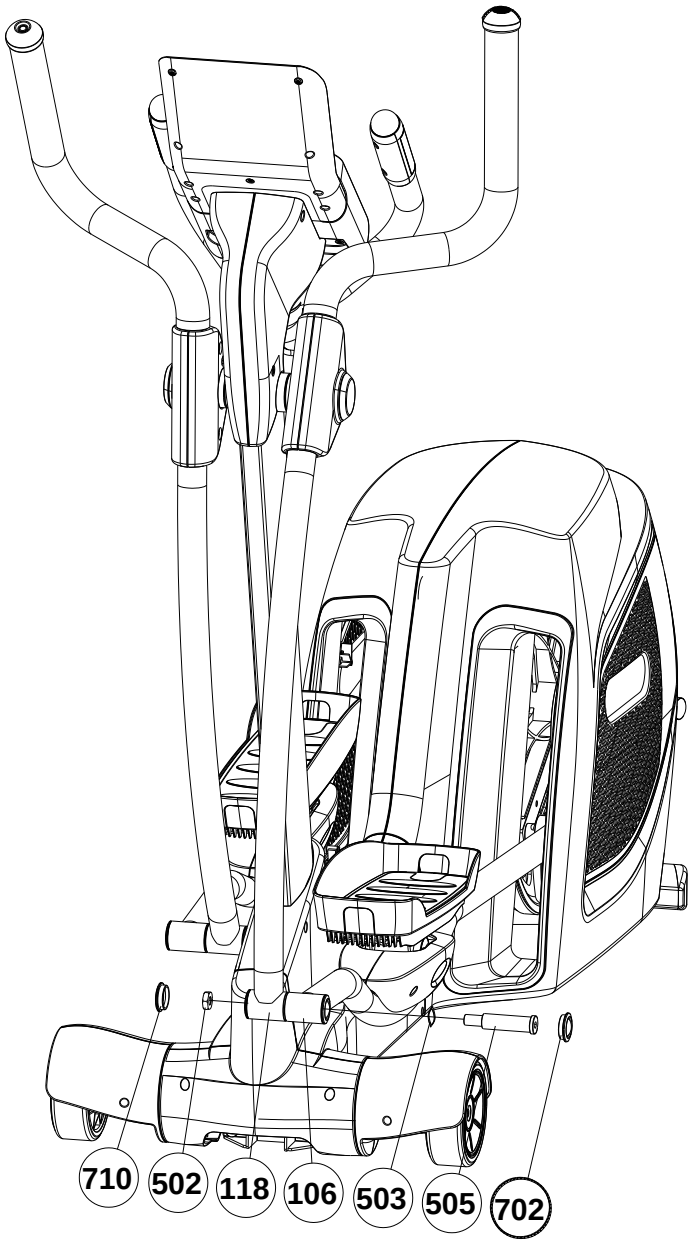
STEP5 ASSEMBLY

STEP5-A



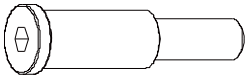
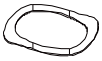
STEP5-B



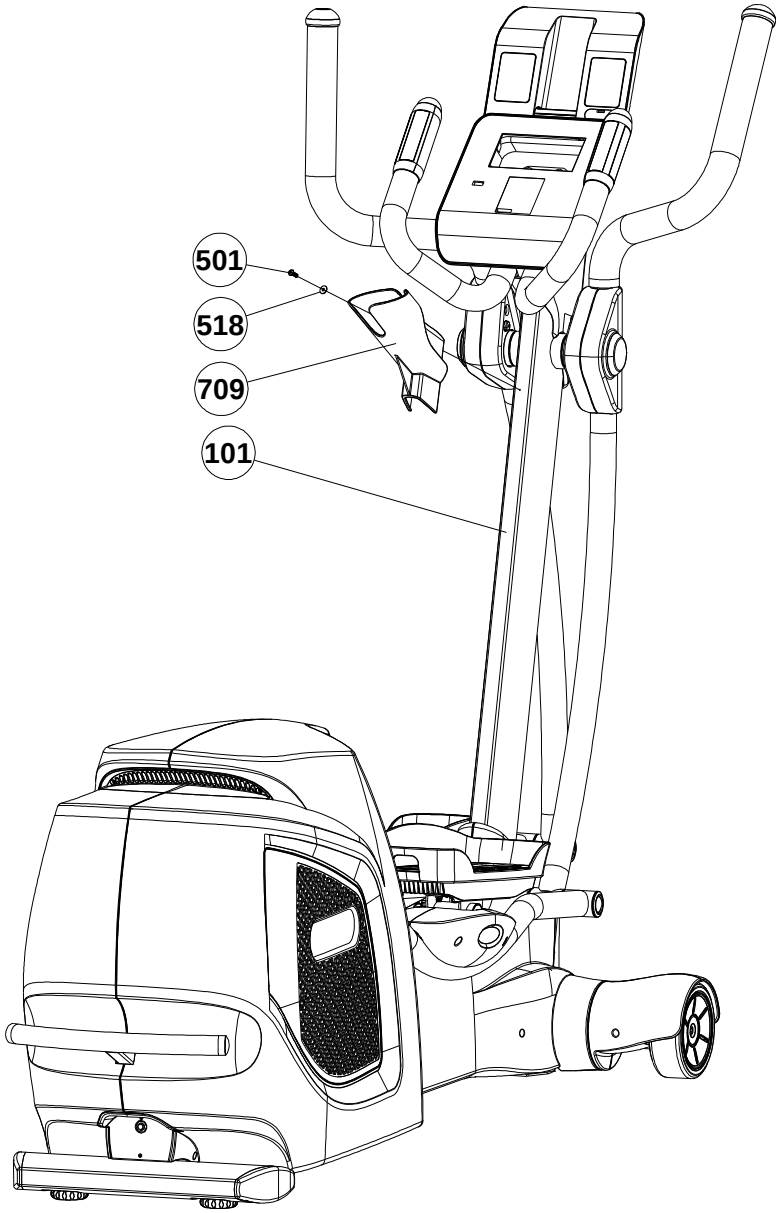


STEP5-A). Slide the 20x91--M14x25mm Bolt (505) with 20.7x29.1x0.3mm Wave Washer (503) through the Pedal Arm – Left (106) and Action Handlebar – Left (118) then secure using one M14 Nut (502).

STEP5-B). Install the Pedal Arm Front Pivot Cover (702) & Pedal Arm Front Pivot Cover (710) into the bushing of the Action Handlebar & Pedal Arm.

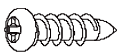
505	**X2**	
503	**X2**	
502	**X2**	

STEP6 ASSEMBLY

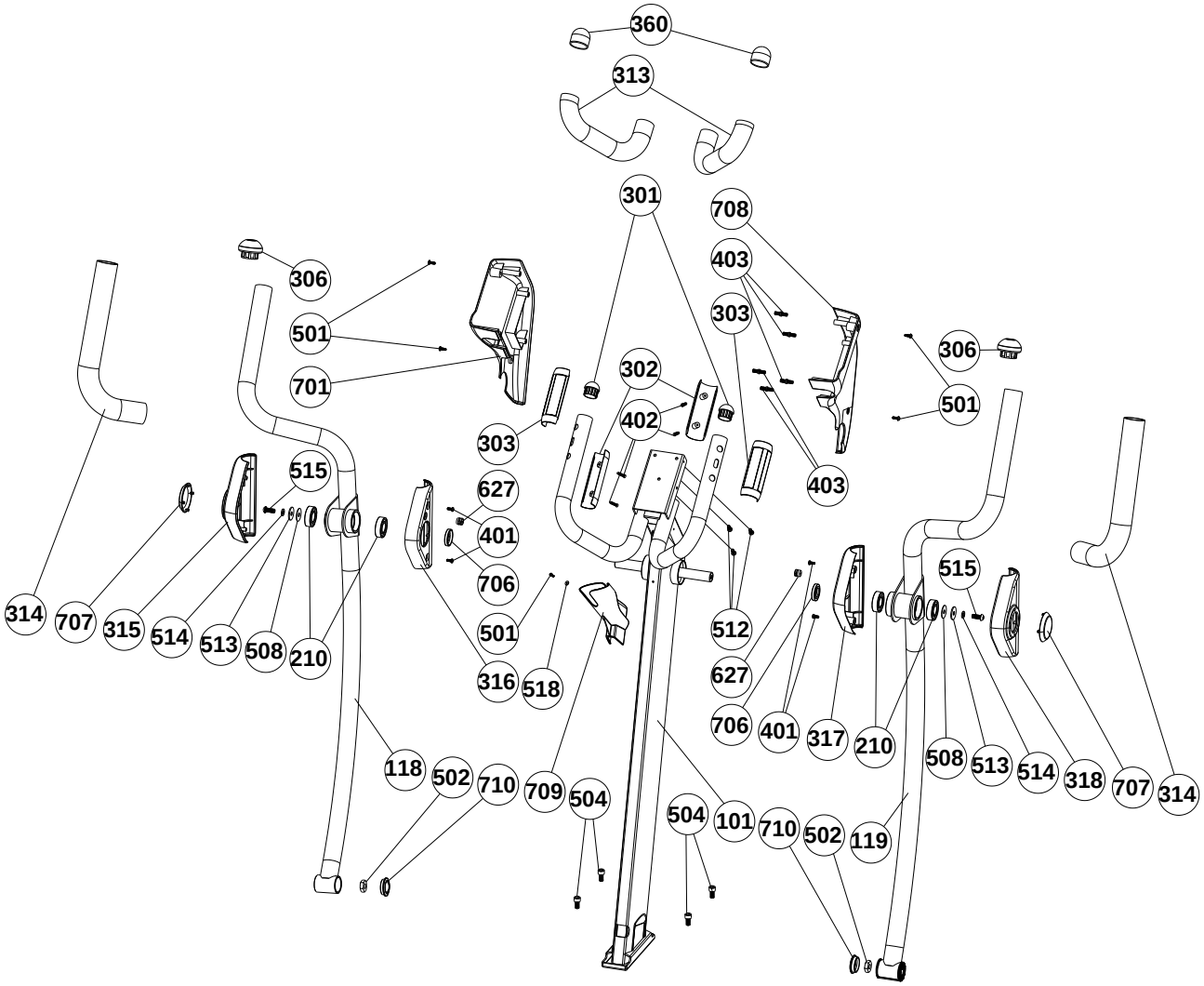


STEP6). Attach the Water Bottle Holder (709), and secure using 4x12mm Screw – Cone Point (501) with 4x13x1mm Washer (518)

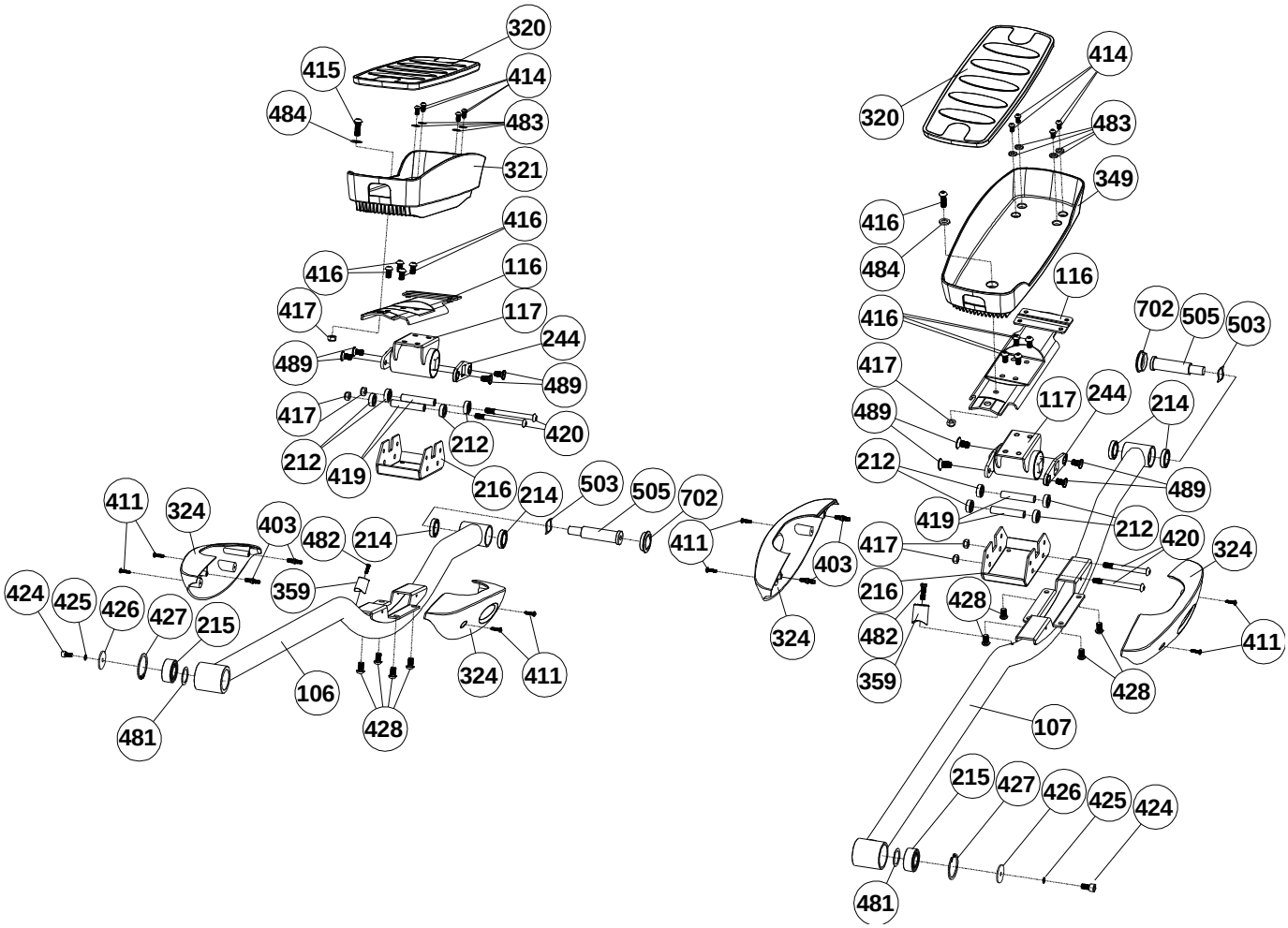
Your elliptical is now fully assembled.

510	**X6**	
518	**X1**	

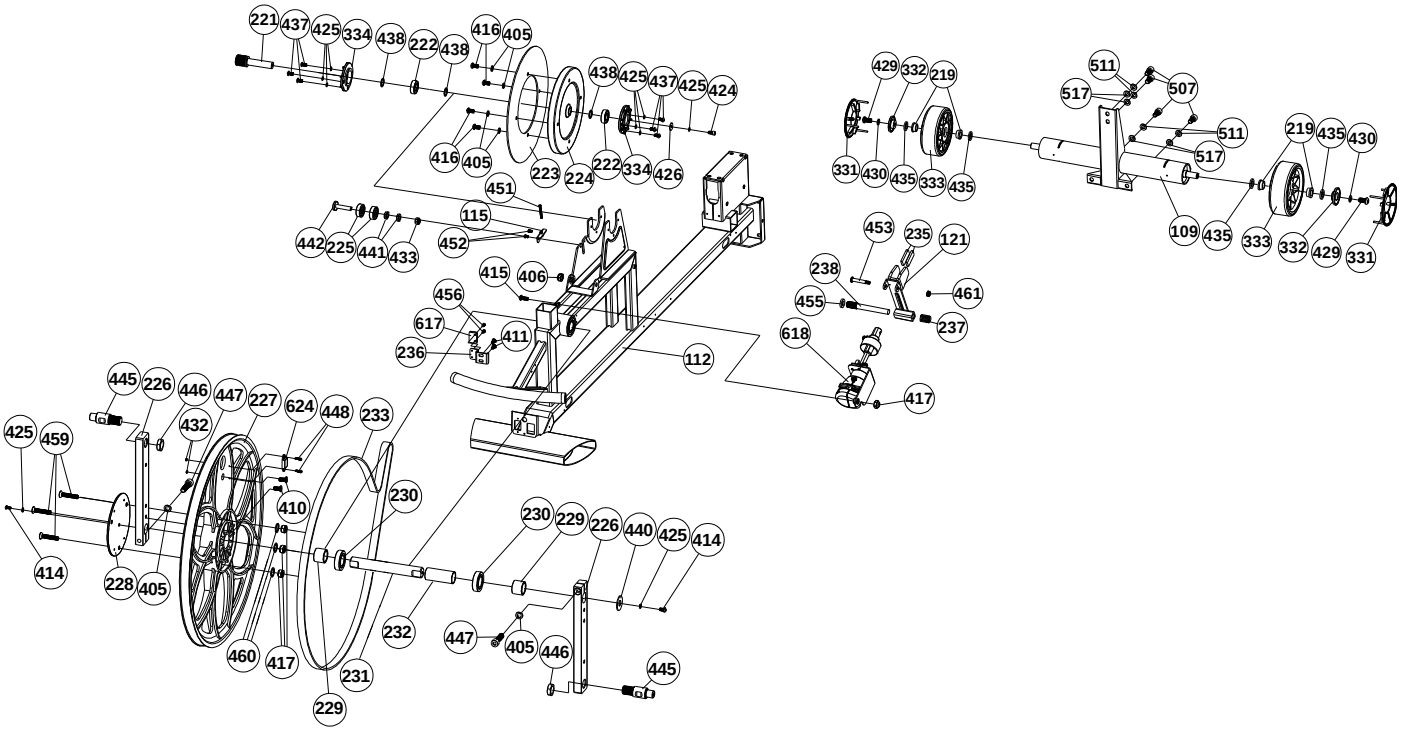
EXPLODED DIAGRAM



EXPLODED DIAGRAM



EXPLODED DIAGRAM



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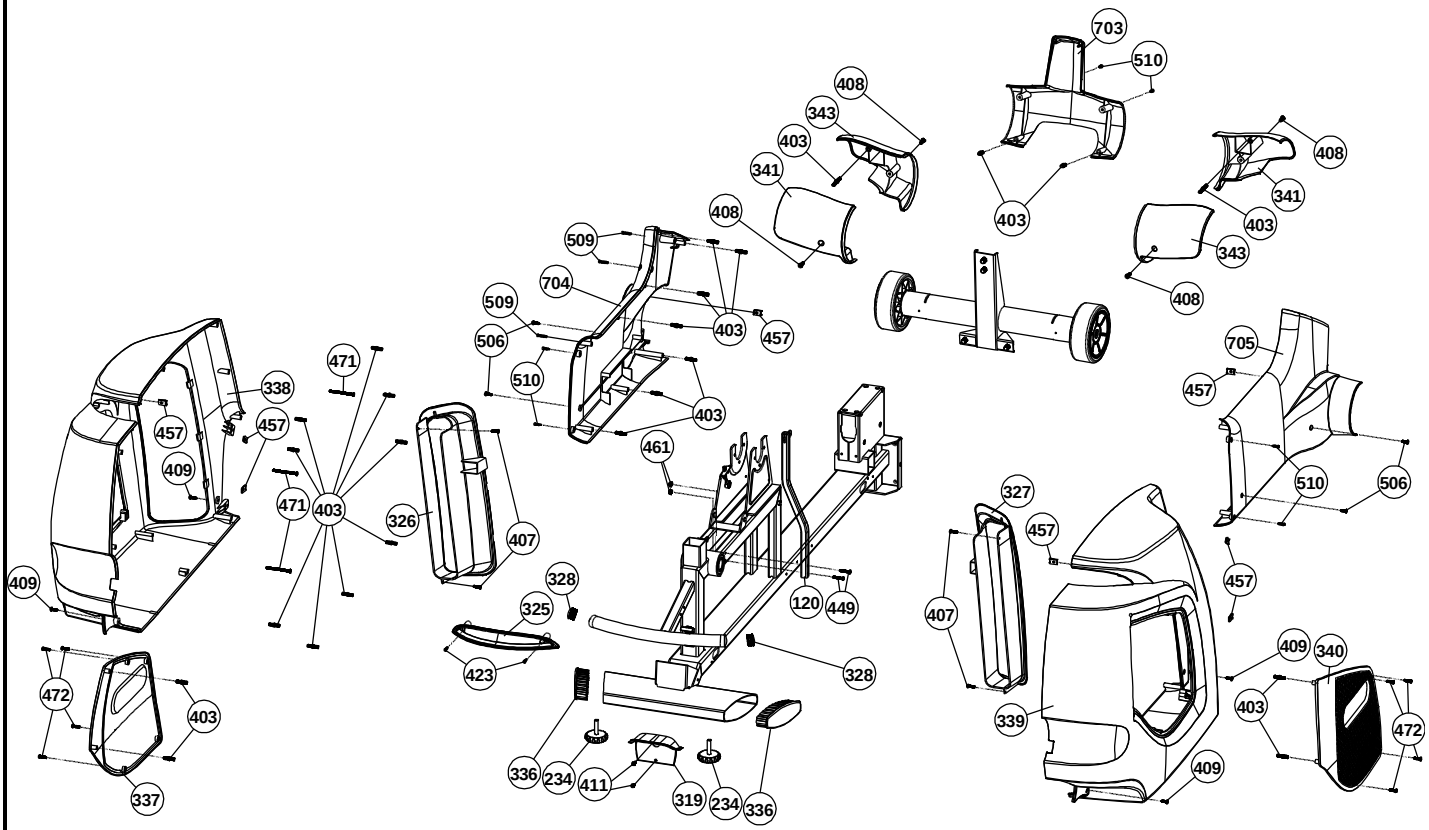

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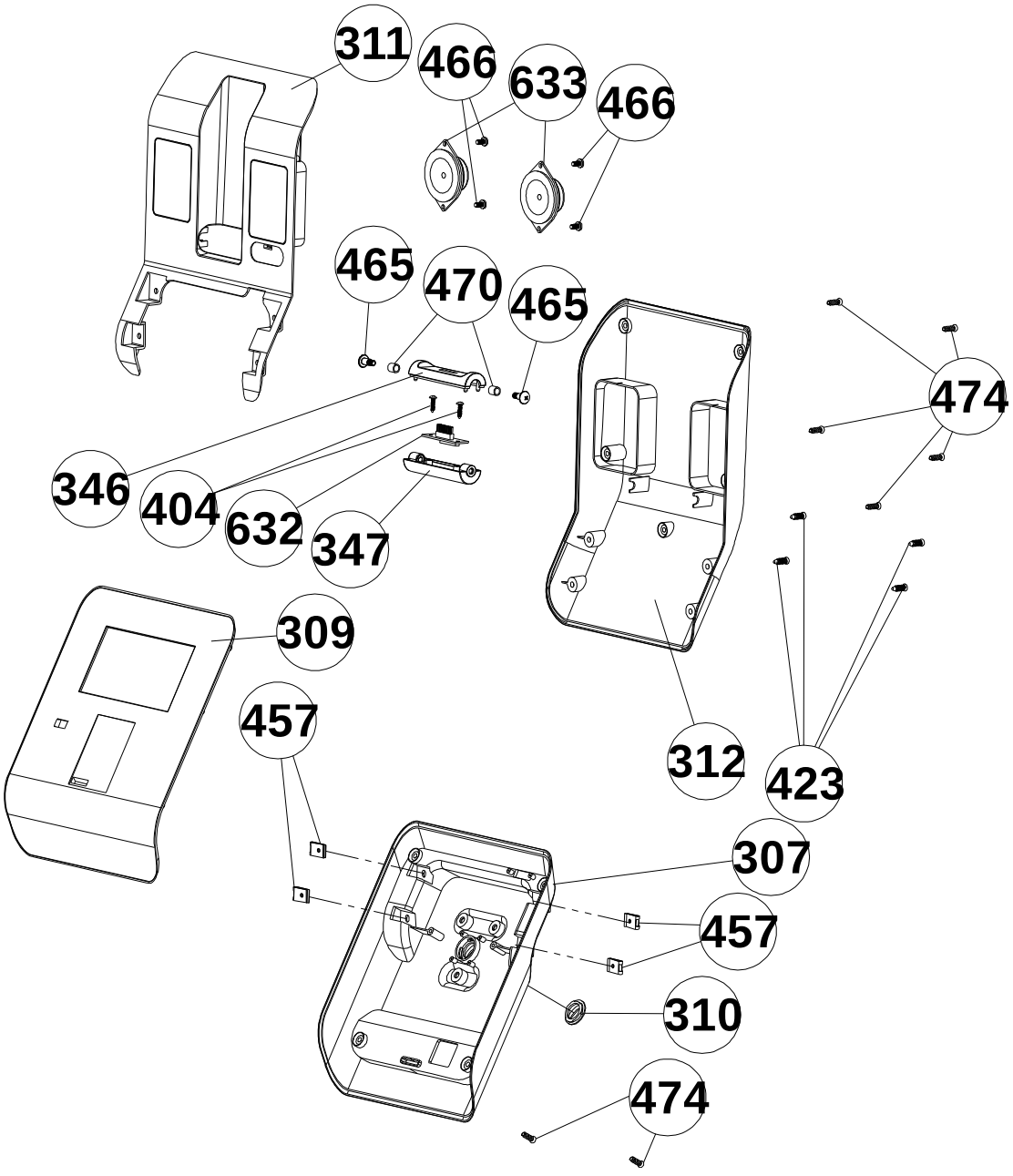
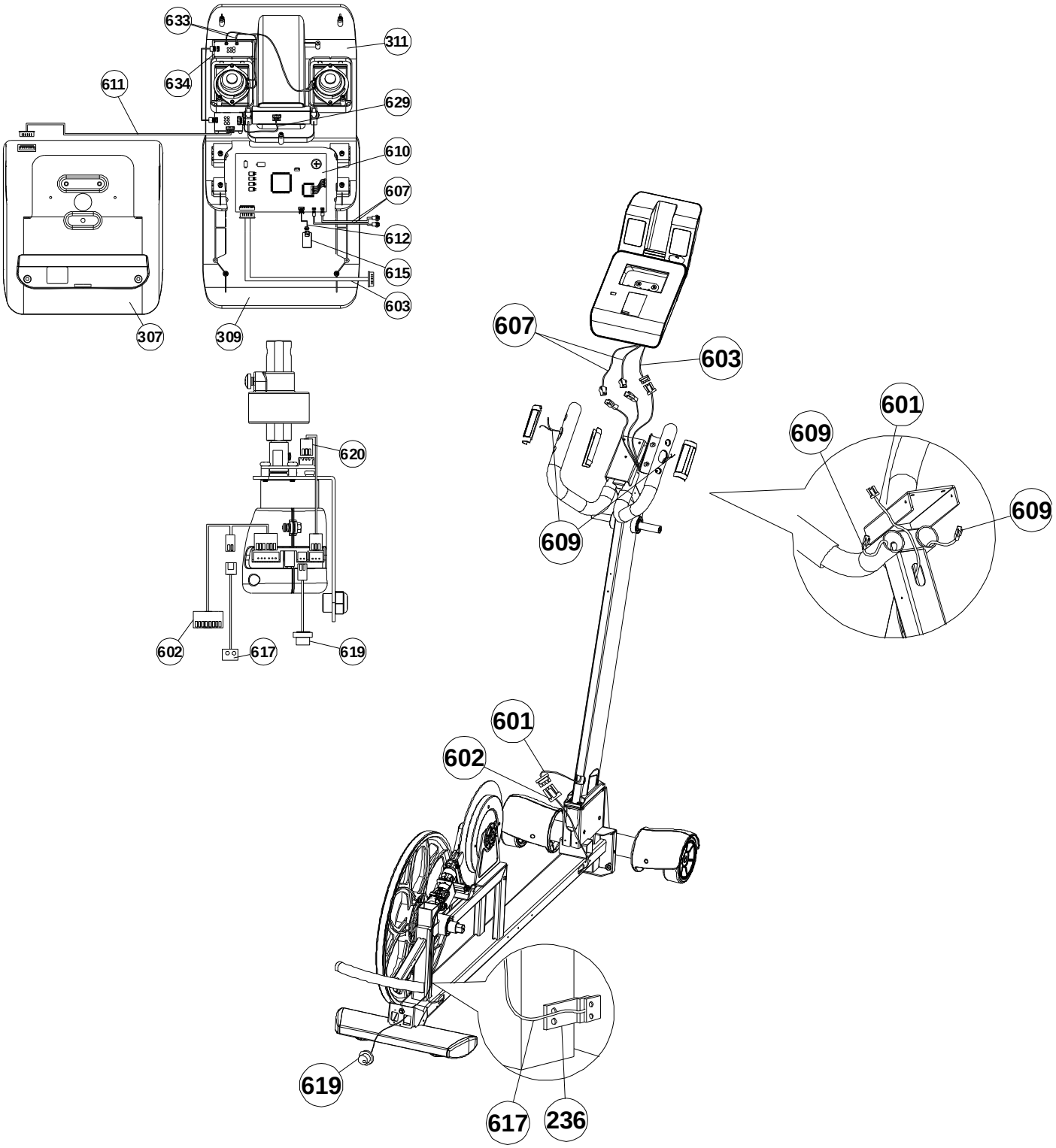


WIRE DIAGRAM

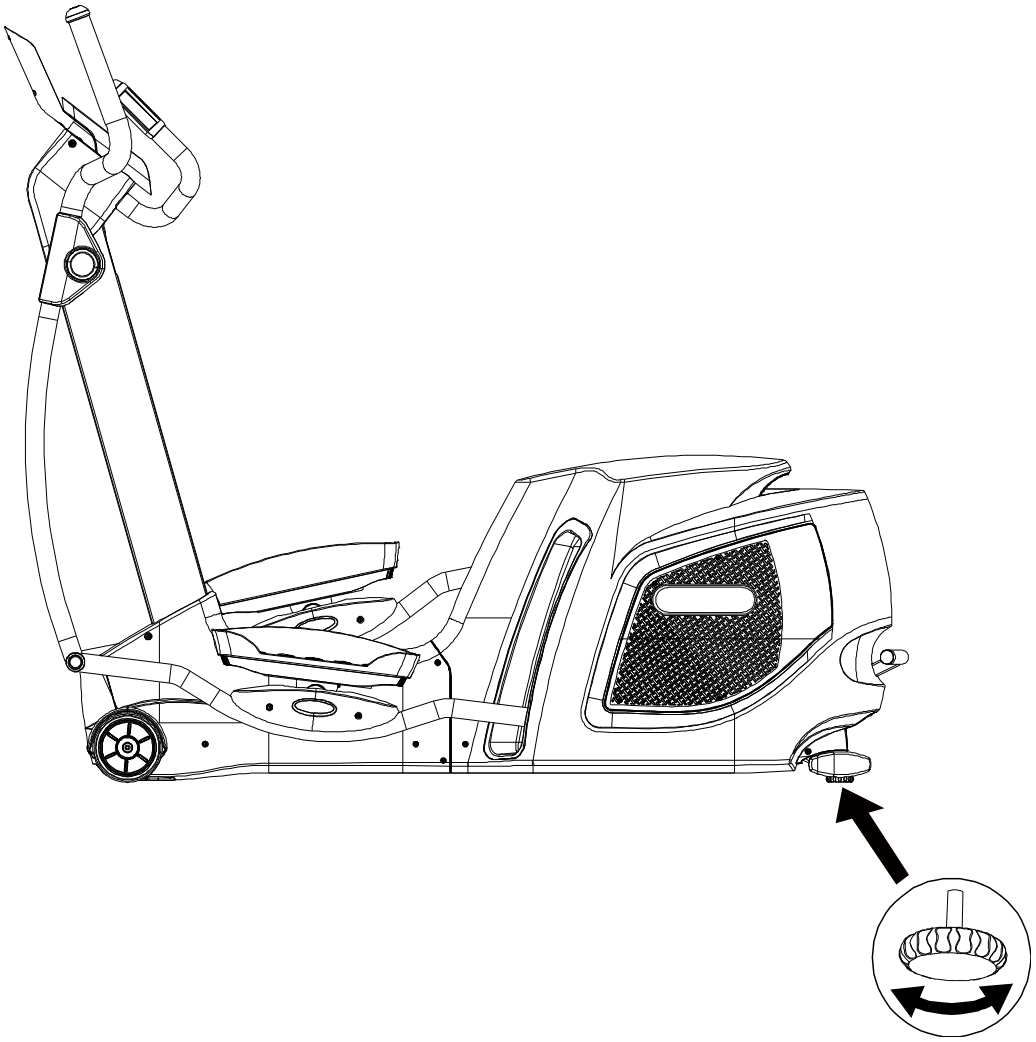


STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the NAVARRE Crosstrainer simply rotate the Level Adjusters clockwise or counter clockwise.

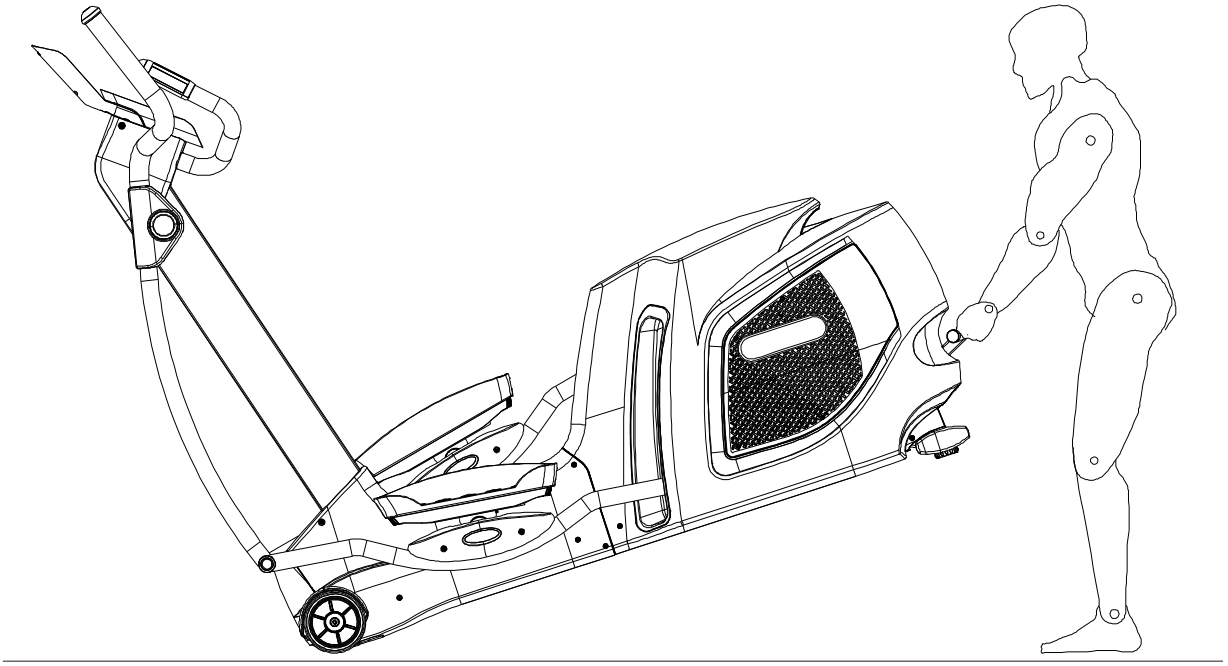
Tilt the ellipitcal to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

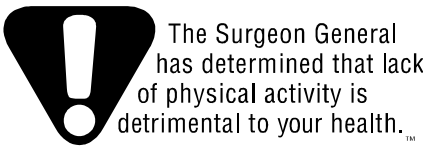
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

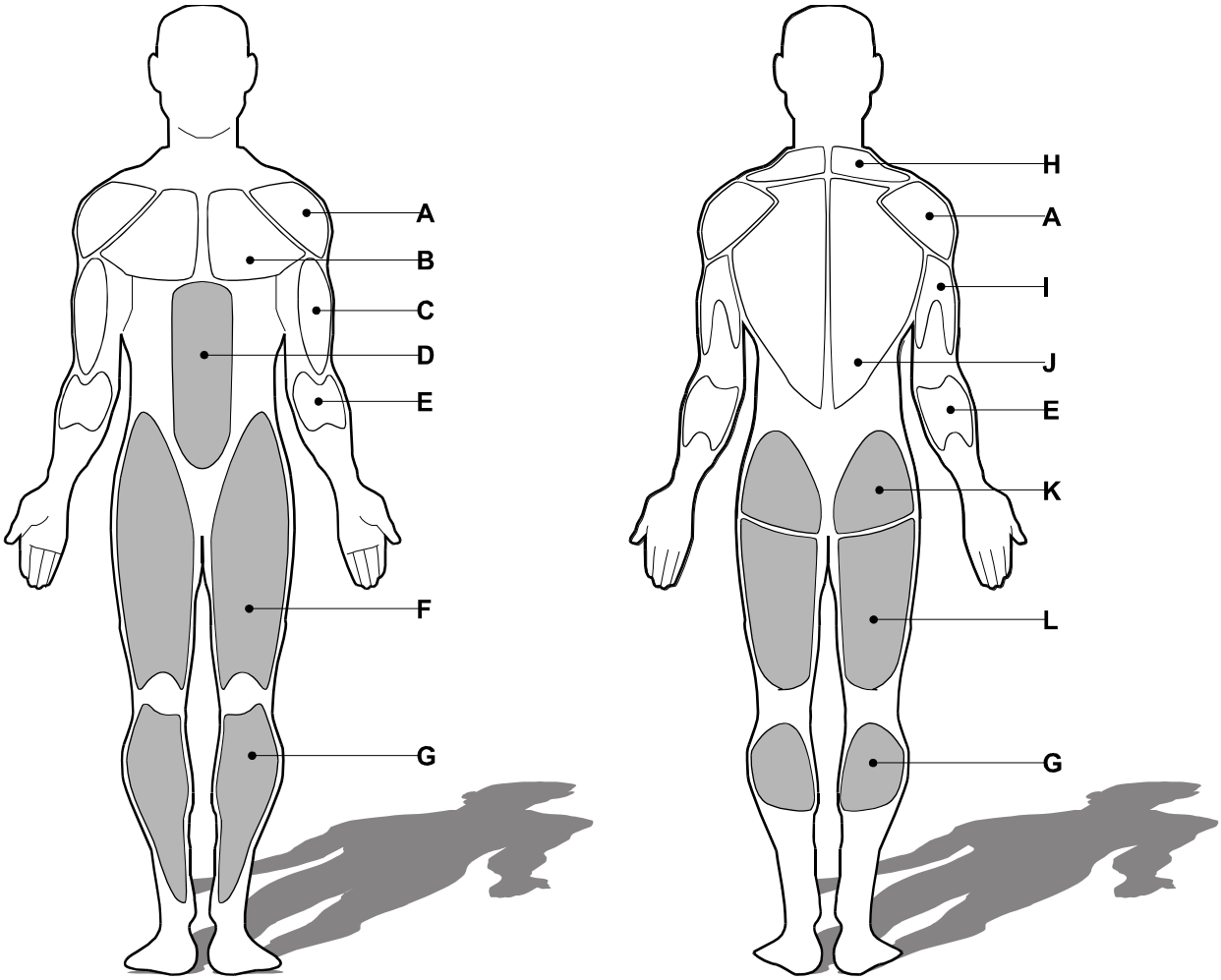
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

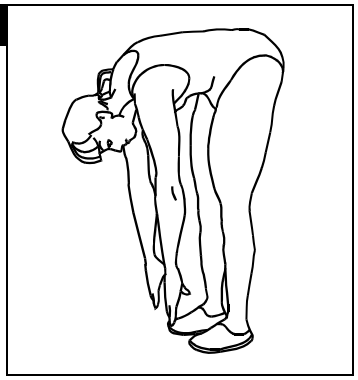
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

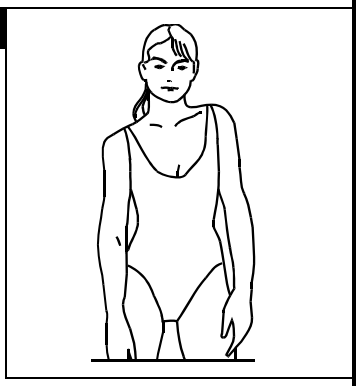
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



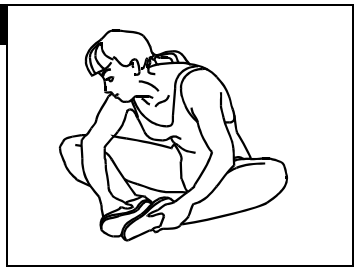
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



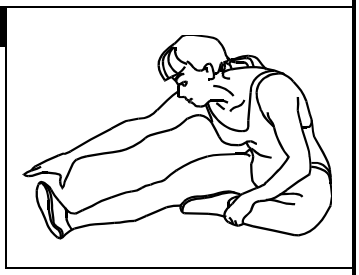
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



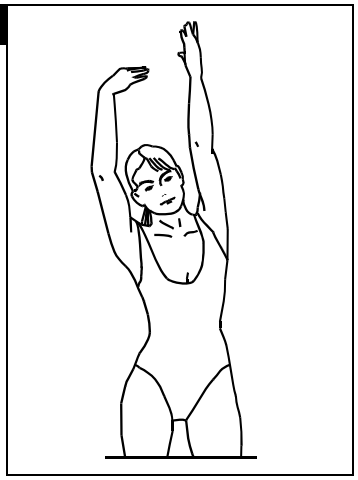
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



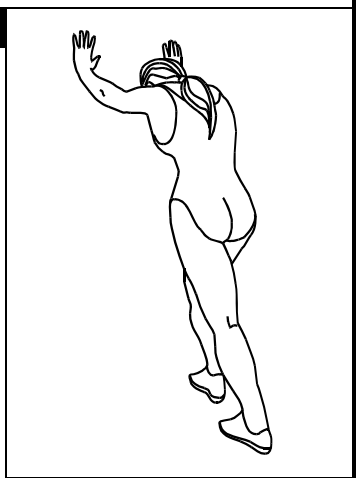
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



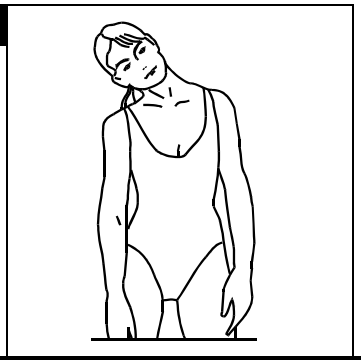
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA “NAVARRE” Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances consumers may be asked to find a local service provider, especially if they reside in a remote area of the US. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER’S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms “you” and “your” are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer’s authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms “we“, “us” and “YOWZA” are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA “NAVARRE” name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer’s authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. Yowza reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER’S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner’s Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See “INTENDED USE” below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA “NAVARRE” name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WARRANTY

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

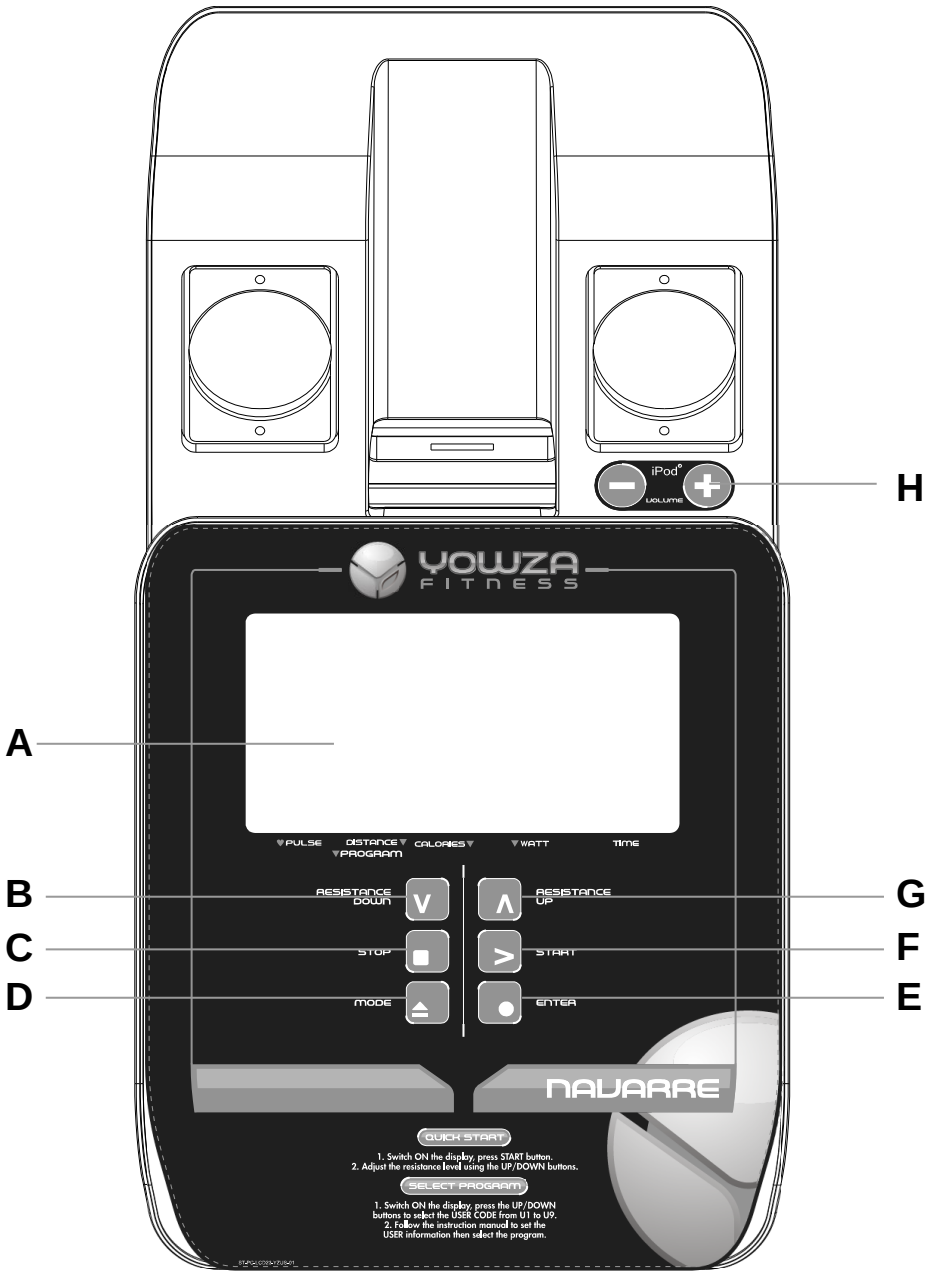
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

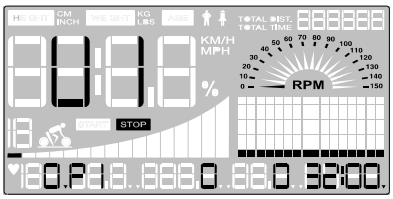


LCD DISPLAY	A	B	RESISTANCE DOWN BUTTON
STOP BUTTON	C	D	MODE BUTTON
ENTER BUTTON	E	F	START BUTTON
RESISTANCE UP BUTTON	G	H	iPod VOL CONTROLS

COMPUTER OPERATION

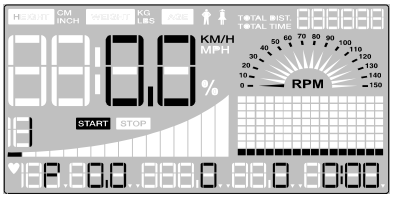
POWER ON

After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.



QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

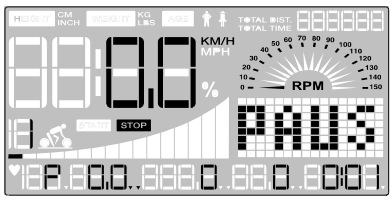


SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE

While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



BUTTONS AND FUNCTIONS

START BUTTON

Press START to begin your exercise.

STOP BUTTON

Press STOP button to pause the functions during your exercise program.
Press STOP button twice the program will return to power on mode.

RESISTANCE UP BUTTON

Press the button to increase the resistance level or set up the program.

RESISTANCE DOWN BUTTON

Press the button to reduce the resistance level or set up the program.

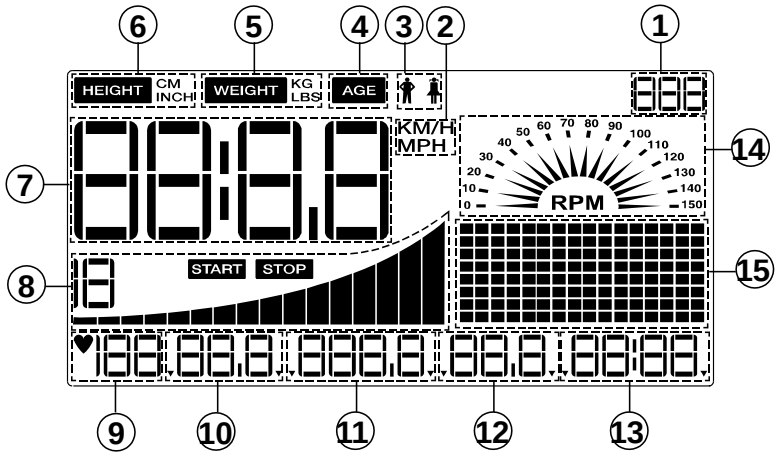
ENTER BUTTON

Press ENTER button to confirm the program set up.

MODE BUTTON

Press the button to switch the display.

COMPUTER OPERATION



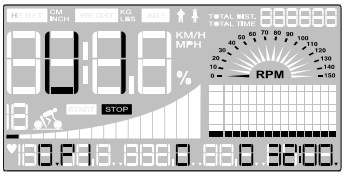
To switch from Metric to English display please read the chapter Metric to English conversion. (2)

USER CODE (7)
Press the UP/DOWN to select the USER CODE from U1 to U9.
HEIGHT (6)
The HEIGHT display range is from 50 to 250 cm. The initial HEIGHT is 170 cm
The HEIGHT display range is from 20 to 100 inch. The initial HEIGHT is 67 inch.
WEIGHT (5)
The WEIGHT display range is from 20 to 200 kg. The initial WEIGHT is 68 kg.
The WEIGHT display range is from 44 to 440 lbs. The initial WEIGHT is 150 lbs.
AGE (4)
The range of AGE is from 10 to 99. The initial AGE is 35.
PROGRAM (10)
The range of the PROGRAM is from P1 to P9, the initial PROGRAM is P1.
PROGRAM LEVEL (7)
The range of the PROGRAM LEVEL is L1 to L8, the initial LEVEL is L1. The user can select circular and set up it. The program diagram will be show as the computer previously setting up. Each level representing two resistance steps.
RESISTANCE LEVEL (8;15)
The range of the RESISTANCE LEVEL is from 1 to 16.
RPM DIAGRAM (14)
The display range of the RPM diagram is from 0 to150.
The RPM diagram will display by integer, For example, The RPM between 30 and 39, The LCD will display 30.
SPEED (7)
The range of the Speed is from 0.0 to 99.9 km/h; m/ph.
WATT (12)
The display range of the WATT is from 0 to 999.
PULSE (9)
The PULSE - display range is from 0 to 199.
RPM (1)
The RPM - display range is from 0 to 999.
DISTANCE / PROGRAM (10)
The DISTANCE display range is from 0.0 to 99 kilometres; miles.
The PROGRAM display range was from P1 to P9.
TIME (13)
The TIME display range is from 0:00 to 99. The initial TIME is “32:00”
GENDER (3)
Press the UP/DOWN button to select your gender

COMPUTER OPERATION

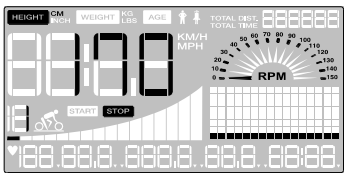
PROGRAM

To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.



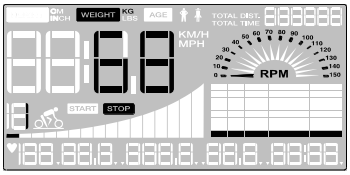
USER HEIGHT

After the USER Code has been confirmed the SPEED display will show HEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



USER WEIGHT

After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press ENTER to confirm.

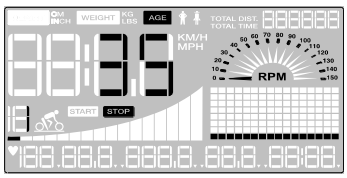


USER AGE

After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

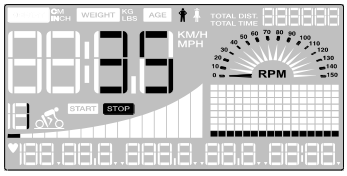
Estimated Normal pulse rate = (220 – AGE) X 65%

Estimated Maximum pulse rate = (220 – AGE) X 85%



USER GENDER

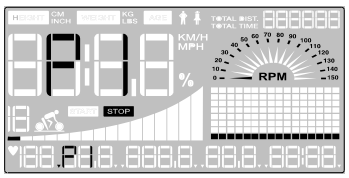
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.

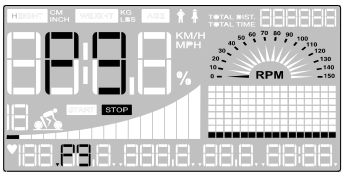


COMPUTER OPERATION

P 1- P 9 Program Selecting Procedure

After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP “and “DOWN” to select. Then press the “ENTER” button to confirm and save.

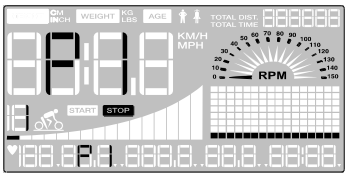


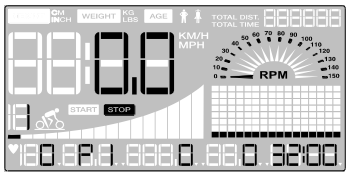


P1: Target time program

After you have selected “P1-Target time program” press the “ENTER” button. The “TIME ”display will show the time of “32:00”, press the “UP “or “DOWN” button to adjust target time, then press the “ENTER“ button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN“button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts down at the end of the program the computer will “beep”.

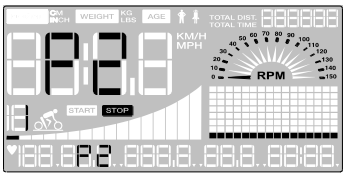


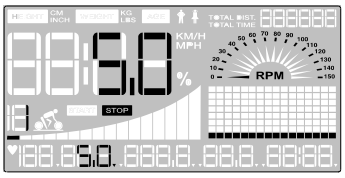


P2: Target distance program

After you have selected “P2- Target distance program”, The “DISTANCE“ display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES“will count up from 0.

To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.



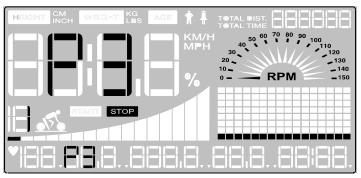


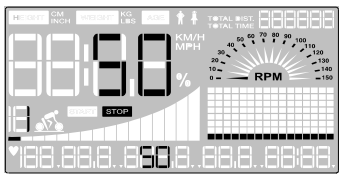
COMPUTER OPERATION

P3: Target calories program

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep

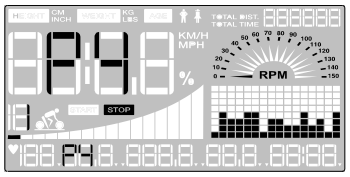


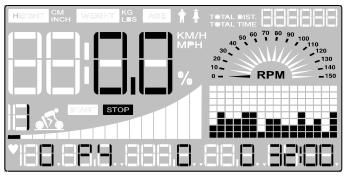


P4: RANDOM program

After the user has selected “P4- RANDOM program”, The TIME will show the workout time setting of “32:00”, Press the ““UP /DOWN” button to adjust workout time, Then press the “ENTER” to confirm. Press the “START” button to begin the exercise program. The resistance display will show “1”. To increase or decrease the resistance while exercise, press the “UP/DOWN” button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the “STOP” button, To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.





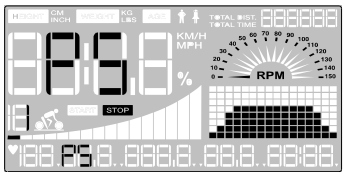
P5: Fat burning program

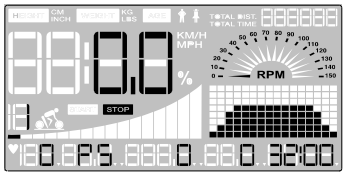
After the user has selected “P5 Fat burning program “, the TIME display will show the workout time setting of “32:00”, press the “UP /DOWN ” button to adjust workout time then press “ENTER” to confirm. Press the”START” button to begin the “Fat burning program”.

The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.

The RESISTANCE display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE; CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.





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COMPUTER OPERATION

P6: INTERVAL program

LEVEL

After the user has selected “P6 INTERVAL program”, The SPEED display will show “L1”

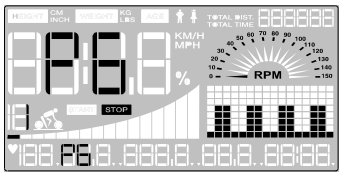
Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

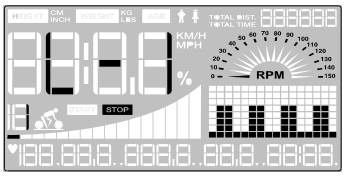
TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN ” button to adjust the TIME, press the “ENTER ” button to confirm.

Press the “START” button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” twice. At the end of program count when the target has been achieved the computer will beep.





P7: ENDURANCE program

LEVEL

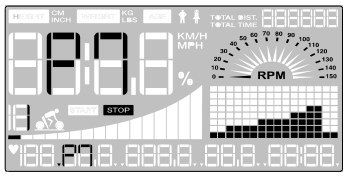
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1”Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

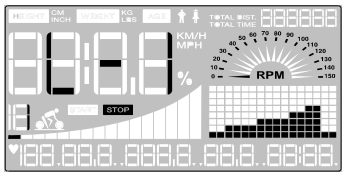
TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE; CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.





COMPUTER OPERATION

P8: WATT CONTROL program

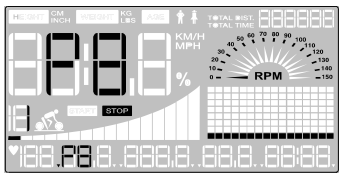
WATT setting

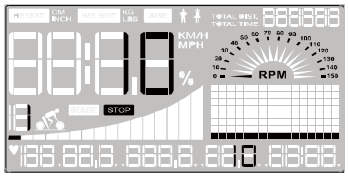
After the user has selected “P8 WATT control program”. The “WATT” display will show “10”. Press the “up and down” button to adjust the “watt ” from “10” to “400” , press the “Enter ” button to continue the program. To increase or decrease the selected WATT while exercising, press the “UP and DOWN” button.

TIME

After you have set up the WATT, press the “ENTER” button. The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

To pause the program while exercising, press the “STOP” button. To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.





Resistance – Level – Watt Table

RPM	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15	L16
10	1	2	2	3	3	4	4	7	7	8	8	9	10	11	13	15
20	5	6	8	10	13	16	20	24	29	32	38	43	49	53	58	63
30	10	13	14	20	25	33	39	49	59	67	76	82	94	105	110	121
40	13	19	23	30	39	51	62	74	90	105	117	135	146	164	177	195
50	14	26	32	45	60	76	89	105	138	150	169	192	213	228	246	266
60	18	32	41	57	78	96	115	139	167	187	218	240	273	296	319	345
70	24	34	48	71	96	122	147	177	204	239	271	301	327	359	389	413
80	29	44	65	92	122	148	178	213	255	282	313	343	362	396	430	462
90	39	57	81	108	140	172	202	241	287	318	358	394	439	480	520	555
100	42	64	87	118	154	197	223	266	321	348	405	442	474	514	545	586
110	45	73	99	136	176	206	245	294	364	378	444	483	536	583	632	669
120	48	78	105	144	183	217	293	342	381	399	468	515	568	621	671	715

P9: Target pulse program

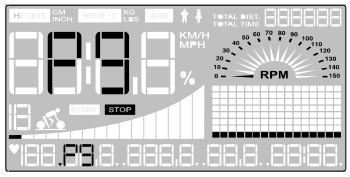
Pulse setting

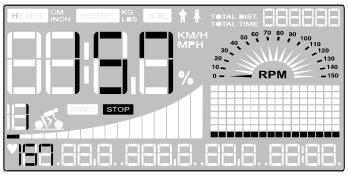
After the user has selected “P9 Target pulse program”. The “PULSE” display will show and flash “157”. Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the “ENTER” button to continue the program setting up.

Time

After you have selected “P9 Target pulse program”, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press ENTER button to confirm. Press START to begin the exercise program.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.





COMPUTER OPERATION

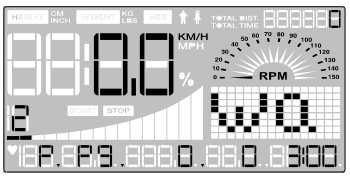
WARM UP – Target pulse program
After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The resistance will start from 2. When the “warm up” section starts, the LCD display will show the words “warm up” three times.

When the user uses the “Warm up and Target pulse” program, the “DISTANCE and CALORIES” will count up from 0. The computer will detect the user pulse every 15 seconds. If the user does not reach 65% of the preset target pulse, and the resistance will increase every 15 seconds.

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

When the computer detects the actual pulse rate has reached the minimum target (65% of the preset target pulse) workout PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show “FAIL”, 10 seconds later, the program will return to power on status.



Target pulse main program

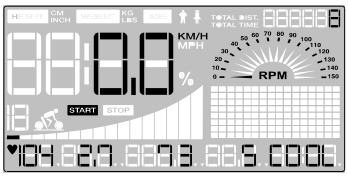
After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the “Warm up” section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button.
If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “NO PULSE”.
If the actual pulse rate cannot reach **The Maximum Target Workout Pulse Rate** (85% of the preset target pulse), the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

COMPUTER OPERATION

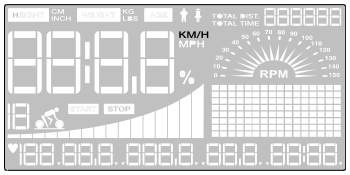
COOL DOWN –Target pulse program

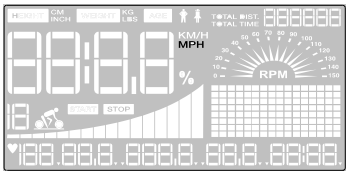
After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show 'COOL' for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time).
When the computer starts the COOL DOWN program, the RESISTANCE will return to the "1" Level, the "DISTANCE and CALORIES" will continue in the "Target pulse" program display and count up continues.

To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice and the program will return to POWER ON.
You cannot use the "UP, DOWN, START, MODE"buttons in the "COOL DOWN" program.



Metric (KM) to English (ML) conversion
The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:
When the computer is in the POWER ON status. Press and hold the "STOP" button then press the "UP" button. The LCD will display E-I and the number 1, you can select 2 by pressing the UP/DOWN button. Press the START button during the selection mode, the LCD will show the "KM/H" or "MPH". Select set KM/H or MPH by pressing the UP/DOWN button, and then press the ENTER button to confirm.
It was showing "KM/H" unit if the user do not set up the program. The computer will show distance with the unit which the user setting. The computer just can use the "UP" "DOWN" "STOP" button when setting the program.





Heart Rate Operation

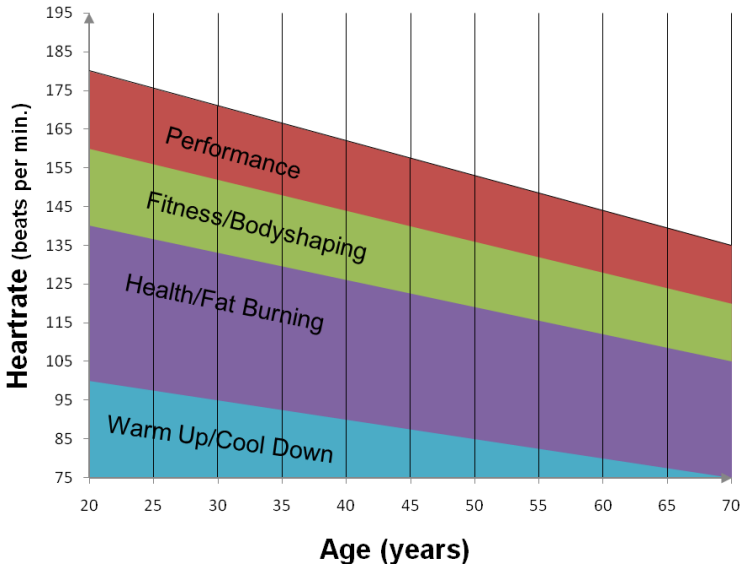
The NAVARRE comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

COMPUTER OPERATION

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: **50 – 70% of your max. heartrate**
Fitness/Bodyshaping: **70 – 80% of your max. heartrate**
Performance: **80 - 90% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

Customer Service